

Anticipatory Grief Scale

The following statements represent feelings and attitudes of some relatives of patients with dementia. Answer the statements as you are feeling now. Read each statement carefully and circle the number at the right which most closely reflects your degree of agreement or disagreement.

1 = Strongly disagree, 2 = Disagree, 3 = Somewhat agree, 4 = Agree, 5 = Strongly agree

1. I daydream about how life with my relative was before the diagnosis of dementia was made. 1 2 3 4 5
2. I feel close to my relative who has dementia. 1 2 3 4 5
3. I seem to be more irritable since the diagnosis of dementia was made for my relative. 1 2 3 4 5
4. I am preoccupied with thoughts about my relative and his/her illness. 1 2 3 4 5
5. I have discovered new personal resources since my relative's illness was diagnosed. 1 2 3 4 5
6. I very much miss my relative the way he/she used to be. 1 2 3 4 5
7. I have felt very much alone since the diagnosis of dementia was made for my relative. 1 2 3 4 5
8. I am able to move ahead with my life. 1 2 3 4 5
9. I blame myself for my relative's illness. 1 2 3 4 5
10. I find it hard to concentrate on my work since the diagnosis of dementia was made for my relative. 1 2 3 4 5
11. I have the personal resources to help me cope with my relative and his/her illness. 1 2 3 4 5
12. I have periods of tearfulness as I think about the course of my relative's illness. 1 2 3 4 5
13. I feel detached from my relative. 1 2 3 4 5
14. I feel a need to talk to others regarding my relative's illness. 1 2 3 4 5
15. I feel it is unfair that my relative has dementia. 1 2 3 4 5
16. I find it hard to sleep since the diagnosis of dementia was made for my relative. 1 2 3 4 5
17. No one will ever take the place of my relative in my life. 1 2 3 4 5
18. I avoid some people since my relative was diagnosed with dementia. 1 2 3 4 5
19. I feel I have adjusted to my relative's illness. 1 2 3 4 5
20. Since my relative was diagnosed with dementia I find it more difficult to get along with certain people. 1 2 3 4 5
21. I wonder what my life would be like if my relative had not been diagnosed with dementia. 1 2 3 4 5
22. I feel more competent since my relative was diagnosed with dementia. 1 2 3 4 5
23. I get angry when I think about my relative having dementia. 1 2 3 4 5
24. Since the diagnosis of dementia was made for my relative, I don't feel interested in keeping up with the day to day activities (T.V., newspapers, friends). 1 2 3 4 5
25. I am unable to accept the fact that my relative has a diagnosis of dementia. 1 2 3 4 5
26. I am now functioning about as well as before my relative was diagnosed with dementia. 1 2 3 4 5
27. I am planning for the future. 1 2 3 4 5

To: People who want to score the Anticipatory Grief Scale

From: Susan K. Theut, M.D.

This is scored so that the higher the score, the more the spouse (or whoever) is experiencing anticipatory grief. I have scored it so that the result is one global score; I have not broken it up into factors.

See the enclosed questionnaire which has the items marked positive or negative. For all of the positive items, take the number the person circles as the score for that item. If the item is scored with a negative, you need to reverse the scoring – i.e. if on question #5 the person circles the 4 (strongly agree), you need to reverse the scoring so that instead of 4 as the answer you would add up, it would be scored a 2 instead. At the conclusion, simply add up all the individual scores.

Question 5. (answers) 1 2 3 4 5

5 4 3 2 1 (this is how you would reverse question #5 and each item marked negative)